Scenic Hills Senior Center 187 S. Spring St Scenic Hills Educational & Wellness Center 580 Radio Lane

740.385.6581

# November & December

#### <u>Annual Membership</u> <u>Dues</u>

Sign up for your annual membership. The cost is \$5.00 per year or \$11.00 if you wish to receive a mailed newsletter.

There is an enrollment form In this newsletter or on our website.

#### **Building Closures**

187 S. Spring St will be closed to activities on Nov. 2 for voting,

All sites will be closed Nov. 25<sup>th</sup> & 26<sup>th</sup> for Thanksgiving, December 24<sup>th</sup> & 27th for Christmas, and December 31<sup>st</sup>, Jan 3, for new years

# DELAY THE DISEASE The #1 Parkinson's Exercise Program

TUESDAYS AND THURSDAYS 10:00 TO 11:00 AM 580 RADIO LANE

2021

### New Gym is Open

at 580 Radio Lane



After months of planning and work, our new gym is open and ready for members, age 50+ to achieve their fitness goals.

Gym hours are Tuesdays 7:30 am to 5:00 pm Wednesdays 7:30 am to 4:00 pm, and Thursdays 7:30 am to 5:00 pm

If your membership isn't current, fill out the membership form in this newsletter, take it to our 187 S. Spring St. location and receive your key fob to scan once you enter into the building. You will need a waver signed by your physician, in order to use the gym.



Marjie Moore, Executive Director, cuts the ribbon to officially open the new gym.



Danielle Arnett, Drums Alive Instructor, shares how the new gym plan was put into action.

You will receive a key fob with your membership to be used when you enter our buildings.



## Christmas

### Open House

Our Annual Christmas Open House will be held on Friday, December 17<sup>th.</sup>, at our 187 S. Spring St. location.

The Senior chorus will sing at 10:15 am., followed by a light lunch and Bingo. Come out to our festive event and mingle with friends.





For the month of November

Tuesday November 16th Pajama Day





Tuesday
November 23rd
Favorite Sports
Team Attire



When it matters most, count on us. Helping Seniors Age in Place.

> www.interimhealthcare.com 12873 Grey St., Logan OH 43138

> > (740) 592-4901

A free in-home visit offers details on longterm care options like PASSPORT, Home modifications, Medicare Savings and more!



1-800-331-2644 or Buckeyehills.org/aging



Emily VanLangen
Admissions and Marketing Director

300 Arlington Avenue, Logan, OH 43138

Office: (740) 385-2155 Mobile: (740) 510-0019 Fax: (740) 969-5272

Admissions@ehlogan.net

#### **Hocking County**

The Gateway to Ohio's Scenic Wonderland

Gary Waugh

**County Commissioner** 

1 East Main St. Logan OH 43138 740.385.5195

Email: commissioners@co.hocking.oh.us

Christmas Triv	via Game
Questions	Answers
Name Santa's Reindeer	
What magic article of clothing brings Frosty the Snowman to life?	
The Grinch tried to take Christmas away from the residents of what town?	
Ralphie (in A Christmas Story) only wants one things for Christmas. What is it?	
What is the name of the main character in Elf?	
Name the three ghosts that come to visit Scrooge	
Who is the most known for singing Blue Christmas?	
On the 11th day of Christmas, my true love sent to me	
How many times does Santa check his Naughty & Nice list?	
In the song, I Saw Mommy Kissing Santa Claus, where were Mommy & Santa?	

### **Everyday Divinity**

Nurse Delivered Foot Care

9:00 am. to 2:00 pm.

Monday, November 22<sup>nd</sup> Thursday, December 16<sup>th</sup> @ 580 Radio Lane

Cost: \$35

To schedule an appointment, call

614-716-9919

### In Memoriam

Ted Rider

Mar. 13, 1940- Aug. 29, 2021



Harold Nichols Oct. 4, 1937- Oct. 9, 2021



David Lee Giffin July 12, 1966 - Oct. 7, 2021

"Truly great friends are hard to find, difficult to leave, and impossible to forget"







Office: (614) 920-9525

Cell: (614) 203-3158

#### **Medicare Insurance Solutions**

Rick "The Llama Guy" Wagner, Independent Agent Representing the majority of insurance carriers for Medicare Advantage, Prescriptions (Part D), Medigap

> rickwagner@wagnerinsuranceagency.net www.wagnerinsuranceagency.net

#### Appalachian Art and Craft Market

This Art and Craft Market is a step above the average. Entering the door you are set aback by the angled

crafts

aisles and awesome grand staircase that leads to a large selection of primitive, country, and American provided by over

26784 US 33 Rockbridge, OH 43149 (740) 380-9020

Sandra Ogle, Proprietor



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# Front Door Hanger Craft

WHEN: TUESDAY, NOVEMBER 23, 2021

TIME: 11:30 A.M.

**COST: \$25.00** 

There will be several options of bow colors to choose from.

Sign up and pay at 187 Spring St.

### Make the Holidays Brighter for our Seniors in need



Please help Scenic Hills Senior Center brighten Christmas for some of our isolated seniors. From November 8th to December 10th, we will have collection boxes in the lobby of both locations. We are seeking donations of canned foods, boxed foods and other non-perishable food items and small hams or turkeys. We are also asking for (10) \$25 gift cards from Walmart or Kroger Other



donations can include: soap, shampoo, toiletries, books, puzzles and cards.

#### **Hocking County**



The Gateway to Ohio's Scenic Wonderland

**Jeff Dickerson** *County Commissioner* 

1 East Main St. Logan OH 43138 740.385.5195



#### JJ Wright

Branch Manager

Phone: 740.380.9542 ext.2012 • 1.800.542.5004 Fax: 740.380.0443 jj.wright@vintoncountybank.com NMLS#1133530

427 West Hunter Street, Logan, Ohio 43138 www.VCNBfamily.com



### November

#### **November**

#### **December**

Linda	Columber	November	1
Linda	Dresher	November	1
Sandra	Ogle	November	1
Eleanor	Reid	November	1
Rosemary	Hampton	November	2
Ken	Wilson	November	2
Shirley	Syfert	November	3
Bonnie	Thompson	November	3
Tammy	Turner	November	3
Lynn	Blake	November	4
Floretta	Johnston	November	4
Roy	Stahr	November	4
Robert	Garrett	November	5
Carolyn	Lewis	November	5
TD	Sammons	November	6
Shan	Brown	November	7
Wesley	Kemper	November	7
Sue	McBroom	November	7
Brenda	Davis	November	8
Judy	Lynch	November	8
Linda	Stevelt	November	8
Judith	Willis	November	8
Norma	Kessler	November	9
Ruth	Murry	November	9
Larry	Brown	November	11
Sally	Dishong	November	11
Rita	Boyle	November	12
Barbara	Riddlebauger	November	13
George	Wolfe	November	13
Liska	Lloyd	November	14
Julie	Young	November	14
Charles	Puckett	November	15
Michael	Krumlauf	November	17
Sharon	Loudermilk	November	17
Deborah	Lytle	November	17
Bobbie	Dickason	November	18
Rita	Reinshschell	November	18
Delmer	Columber	November	19

Charla

Campbell

Ruth	Walsh	November	21
Brenda	Hopper	November	22
Glen	Whittington	November	22
Joan	Fink	November	23
Barry	Ritchey	November	24
Mary Lou	Giffin	November	25
John	Bond	November	27
Larry	Deberry	November	28
Brandy	Stamper	November	28
Gene	Hynus	November	29
Harold	Johnson	November	29
Wayne	Courtney	November	30
Norma	Kruger	November	30
Shirley	Norris	November	30
Fred	Quick	November	30

	Fink	November	23
У	Ritchey	November	24
y Lou	Giffin	November	25
	Bond	November	27
/	Deberry	November	28
dy	Stamper	November	28
9	Hynus	November	29
ld	Johnson	November	29
ne	Courtney	November	30
na	Kruger	November	30
ey	Norris	November	30
	Quick	November	30

### **December**

november	/				
November	7	Christine	Audette	December	1
November	8	Bob	Stamper	December	1
November	8	Betty	Amnah	December	2
November	8	Douglas	Enderle	December	4
November	8	David	Brimner	December	6
November	9	Christine	Glenn	December	6
November	9	Jean	Harral	December	6
November	11	Tom	Hutchison	December	6
November	11	Roger	Hedges	December	6
November	12	Bonnie	Wharton	December	6
r November	13 13	Spirit	Williams	December	7
November November	14	JoAnn	Conkle	December	8
November	14	Diana	Mallon	December	8
November	15	Roger	Moore	December	8
November	17	Betty	Patton	December	8
November	17	Carla	Smyers	December	9
November	17	Lois	Tolbert	December	9
November	18	Joyce	Schultheiss	December	10
November	18	Bill	Cantrell	December	11
November	19				
November	21	Joseph	Thatcher	December	12

Edna	Wilson	December	13
Harry	Nihiser	December	14
Melody	Tankovich	December	14
Bill	Bowers	December	15
Missy	Ware	December	15
Alice	Risch	December	16
Richard	Caldicott	December	17
Lawrence	Ellinger	December	17
Brenda	Rowe	December	18
Donald	Daubenmire	December	21
Barbara	D'Onofrio	December	21
Marjorie	Hutchison	December	21
Valerie	Daubenmier	December	22
Daisy	Wilkins	December	22
Mike	Wright	December	22
Marcia	Hynus	December	24
Sharon	Skillman	December	24
John	Primmer	December	26
Lyn	Caldicott	December	27
Barbara	Carrier	December	27
Christine	Risch	December	28
Mark	Mock	December	29
Joyce	Steinbrink	December	29
Irmgard	Warthman	December	29
John	King	December	30
Janet	Kaising	December	31



# Fitness Choices Scenic Hills Educational & Wellness Center

Age really is just a number. You might be 55, but look 40 and feel 35. Or, you might be 50, but look and feel 65. It all has to do with how well you care for your body and what you do to stay active. Suggested donation for classes is \$3.00. Children are not allowed in building during classes.

#### One Step at a Time- Thursdays at 1:30am- Meet at Fairgrounds

Steven Fowler will lead a walking around the fairgrounds for fun and fitness.

#### Fit w Bev- Tuesdays and Thursdays at 9:00am

This class incorporates dance and stretching exercises for a total body fitness and cardio workout.

#### Chair Yoga- Tuesdays at 11:00am

**Chair yoga** is a great way for older adults to get the wonderful health **benefits** of **yoga**. Staying **seated** means that even frail **seniors** or those who aren't flexible can safely do the exercises. **Yoga** is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation.

#### Tai Chi- Wednesdays at 1:00pm

Each one-hour class includes simple exercises that comprise basic elements of Tai Chi suitable for beginners or continuing students. The aim of the class is twofold;

Strengthen the body while inviting increased balance and flexibility

#### Line Dancing – Wednesdays and Thursdays at 3:30pm

**Line dancing** incorporates a variety of different **exercise** elements. It includes cardiovascular **exercise** for your heart, strength training for your muscles, and endurance for overall body function. It is also an amazing way to relieve stress because it's fun and just makes you feel **good**.

#### Drums Alive- Thursdays at 11:00am

It brings together drumsticks, an exercise ball, and an exercise ball stand to create one of the most fun workouts you'll ever do. Using the exercise ball as your **drum**, and mixing in fun moves, **cardio drumming** turns keeping a rhythm into a workout you won't want to stop.

#### Delay the Disease-Tuesdays and Thursdays at 10:00am

Delay the Disease TM, a nationally-recognized fitness program that empowers individuals to fight the effects of their Parkinson's disease, and other neurological disorders. Using symptom-specific exercises, Delay the Disease helps participants:

- Move with ease and confidence in a crowd
- Get out of bed and rise from a chair independently
- Improve handwriting
- Dress independently

580 Radio Lane



Do you want to know more about Alzheimer's disease?

Tuesday December 7<sup>th</sup>
Understanding
Alzheimer's and Dementia

from 9:30 to 10:00 a.m.

At 187 S. Spring St

Do you need help preparing for the future?

Are you wondering about available community services?

Would you like to talk with a professional?

#### Medicare Open Enrollment

Part D begins Oct. 15<sup>th</sup> and ends Dec. 7<sup>th</sup>

you can update or switch your Medicare drug plan and/or your Medicare Advantage plan. Your new coverage will begin Jan. 1 of the next year. Call the Ohio Senior Health Insurance Information Program (OSHIIP) with questions:1-800-686-1578.

### Save the Date Girl's Night In

Friday February 4th 2022 5:00 pm to 8:00 pm Vendors\* Food\* Fun



The Hocking County Children's Chorus



Will be performing at the Senior Center on Tuesday

December 14th at 6:00 pm

Senior Center Members are invited to attend

Doors open at 5:30, Cookies & Punch will be provided.







#### **SCENIC HILLS SENIOR CENTER PRESENTS**

#### ALASKA LAND, RAIL & CRUISE

WITH CELEBRITY CRUISES® ON THE CELEBRITY MILLENNIUM® 11 DAYS / 10 NIGHTS ~ AUGUST 9 – AUGUST 19, 2022

Anchorage - Upon arrival in Anchorage, a transfer will be provided to your Anchorage hotel where your Tour Director will greet you. Enjoy the lively bars and eclectic dining this youthful city offers, or take a stroll under the late evening sun along the Tony Knowles Coastal Trail. Anchorage | Denali - In the morning, board your deluxe motor coach for a scenic ride to Denali, stopping at the Kahiltna Birch Company where you'll learn about using tree sap in candy making. From 5:00 p.m., Denali is yours to discover. Stroll the trails with flightseeing planes soaring above the mountain, or book an optional rafting excursion on the Nenana River, a gentle float or a whitewater ride.

Denali | Talkeetna - Discover Denali National Park on the Denali Natural History Tour, admiring the beauty of taiga forests and rolling tundra, while searching for Alaska's iconic wildlife. Afterwards you'll board the Wilderness Express, a glass-domed railcar, for a scenic ride to Talkeetna, where you'll enjoy a visit to a local brewery and try a sampling of beers crafted in the Last Frontier. From 5:00 p.m., Talkeetna is yours to discover. Main Street is home to a range of backcountry cuisine, from brew pubs to fine dining to the converted air streams serving signature dishes. Talkeetna | Anchorage | Seward - In the morning you'll journey to Anchorage on your deluxe motor coach. Visit the Alaska Native Heritage Center to learn about Alaska's indigenous cultures and sample Akutaq, the indigenous delicacy also known as Eskimo Ice Cream. You will then travel south to Seward and experience Seward Harbor, learning about Alaska's rich fishing history while savoring samples of locally produced smoked salmon. In Seward, join the Millennium for your 7-night cruise to Vancouver.

DEPOSIT POLICY: An initial deposit of \$350 per person double occupancy or \$700 per person single occupancy is required in order to secure reservations and assign cabins. Final payment is due by May 11, 2022. These are the best rates around! Those who book early get the best prices, the best cabin locations, and their preferred dining times.

Inside Cabin Category 10 \$4,538 Outside Cabin Category 7 \$4,898 Balcony Cabin Category 2B \$5,618

FOR RESERVATIONS OR MORE INFORMATION PLEASE CONTACT MARJIE MOORE ~ (740) 385-6581

#### **OUR BINGO SPONSORS**

























**DISCLAIMER**: The 2" x 3.5" ads displayed in the newsletter are **PAID ADVERTISEMENTS**. Cost for the sponsorship is \$600.00 per year (based on 6 newsletters). The Monthly Sponsors are those agencies who support our Bingo, Blood Pressures and Special Event Programs.



# For More Information or Reservations Call

740-385-6581





For More Information or Reservations Call 740-385-6581

### In House Dining

### Through HAPCAP

Call for Reservations at least one day in advance

740-385-6813



Please like us on Facebook for timely updates. Scenic Hills Senior Center.



#### Visit our website:

www.scenichillsseniorcenter.com

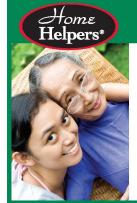


LANCASTER 282 Sells Road | 740-654-7077 | 800-994-7077 LOGAN 96 W. Hunter Street, Suite B | 740-380-1186

www.fairhopehospice.org



Join us for Fellowship led by Karen Kornmiller, every Wednesday at 10:00 a.m



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Housekeeping, Meal Prep, Laundry, and More! 740-689-9410

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### Merchants National Bank

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188 West Main Street, Logan, OH 43138 740-385-8561

### 2022 MEMBERSHIP APPLICATION AND WAIVER Scenic Hills Senior Center—Logan Ohio 43138



**DUES:** \$5 per calendar year (not pro-rated)

Newsletter mailed is an additional \$6 per year

Please make check payable to Scenic Hills Senior Center

Date U.S	S Veteran Branch Military	
Pleas	e Write Legibly	
Name	Spouse	
Address	Phone	
City S		
DOB (mm/dd/yyyy)	DOB (mm/dd/yyyy)	
EMERGENCY CONTACT		
Name:	Relationship:	
Home:	Cell:	
PHOTO RELEASE ONLY: Permission to use photographs: I grant Scenic Hills Senior Center (representatives or employees) my permission to take photographs of me participating in Scenic Hills Senior Center activities for use and publish, in print or electronically, with or without my name. I understand that any photos taken of me are for the sole purpose in promoting activities & events at Scenic Hills Senior Center. I have read and understand the above.		
Signature:	Date:	
X	X	
FOB #		
Membership \$5.00 per person Newsletter Mailed \$6.00 Total Amount:		

### WAIVER AND RELEASE OF LIABILITY FOR SCENIC HILLS SENIOR CENTER ACTIVITIES

In consideration of the risk of injury while participating in activities and consideration for the right to participate in activities, I hereby, for myself, my heirs, executors, administrators, assigns, or personal representatives, knowingly and voluntarily enter into this waiver and release of liability and hereby waive any and all rights, claims or causes of action of any kind whatsoever arising out of my participation in the Activities, and do hereby release and forever discharge SHSC, their affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns, for any physical or psychological injury, including but not limited to illness, paralysis, death, damages, economical or emotional loss, that I may suffer as a direct result of my participation in the aforementioned Activities.

I am voluntarily participating in the aforementioned activities I am participating in the Activities entirely at my own risk. I am aware of the risks associated with traveling to and from as well as participating in any Activity, which may include, but are not limited to, physical or psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, and death.

I agree to indemnify and hold harmless SHSC against any and all claims, suits or actions of any kind whatsoever for liability, damages, compensation or otherwise brought by my or anyone on my behalf, including attorney's fees and any related costs, if litigation arises pursuant to any claims made by me or by anyone else acting on my behalf.

I acknowledge that SHSC and their directors, officer, volunteers, representatives and agents are not responsible for errors, omissions, acts or failures to act of any party or entity conducting a specific event or activity on behalf of SHSC.

I acknowledge that this activity may involve a test of a person's physical and mental limits and may carry with it the potential for death, serious injury, and property loss. The risks may include, but are not limited to, those caused by terrain, facilities, temperature, weather, lack of hydration, condition of participants, equipment, vehicular traffic and actions of others, including but not limited to, participants, volunteers, spectators, coaches, event officials and event monitors, and/or producers of the event.

I acknowledge that I have carefully read this "waiver and release" and fully understand that it is a release of liability. I expressly agree to release and discharge SHSC and all of its affiliates, managers, member, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns, from any and all claims or causes of action and I agree to voluntarily give up or waive any right that I otherwise have to bring a legal action against SHSC for personal injury.

To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence on the part of SHSC, its agents, and employees, and county.

In the event that I should require medical care or treatment, I agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my own health insurance.

#### IF INCLUDING SPOUSE PLEASE HAVE BOTH SIGNATURES.

Member(s) Signature:	
Spouse Signature	
Date:	

SeniorCenter: Memberships:2020 Membership Form

# National Family Caregivers Month

Activities & Events



Registration Darlene Hambel dhambel@buckeyehills.org
1-800-331-2644 Ext. 2620

Positive Approach to Care Webinar with PAC speaker: Amanda Bulgarell

November 3, 2:00 pm Zoom Meeting

Positive approach to care offers practical approaches to Dementia care to meet the complex and unique needs of individuals. Learn about common caregiver issues and wellness tips to help you.

Meet the Author John Thorndike

"The Last of His Mind: A Year int Shadow of Alzheimer's"

November 10, 10:00 am Zoom Meeting

John Thorndike shares the bittersweet account of the final year with his father.

#### THE CHRISTMAS RANCH

DATE: WEDNESDAY DECEMBER 8<sup>TH</sup>

COST: \$30.00 PER PERSON

DEPART SENIOR CENTER @ 1:30 P.M.



THIS IS AN OUTDOOR, WALKING, LIGHTS TRIP.
THERE WILL BE SHOPS TO LOOK AT AS WELL
AS BONFIRES, TRAIN AND WAGON RIDES.
PLEASE DRESS FOR THE WEATHER
CONDITIONS. WE WILL BE STOPPING FOR A
LATE LUNCH/EARLY DINNER (NOT INCLUDED IN
PRICE) ON THE WAY (DRIVERS CHOICE).

Only Walking Canes Acceptable



Executive Director: Marjorie Moore
Phone 740 385-6581 Fax: 740 385-3548
187 S. Spring St., Logan OH 43138
www.scenichillsseniorcenter.com
Administrative Assistant:/Fiscal Officer: Loretta Kemper
Activity & Office Support: Tina Koska
Office Support/Driver: Carla Smyers
Van Maintenance/Driver: Dale Brown & Bob Fitzgerald
Maintenance: Nate Nelson & Larry DeBerry

#### **Educational & Wellness Center**

Executive Director: Marjorie Moore Phone 740 385-6581 Fax: 740 385-3548 580 Radio Lane., Logan OH 43138 www.scenichillsseniorcenter.com Supervisor of programs: Steven Fowler Marketing & Education: Janet Blair

**OFFICE HOURS:** Monday-Friday 8:30 am - 4 pm.

#### Scenic Hills Senior Center Staff Wishes You a Merry Christmas & Happy New Year

### THANKSGIVING LUNCHEON

The Olde Dutch Restaurant



MEMBERS ONLY

\$15

Friday November 19th

@ 11:30 am

(Doors Open at 10:30)

ENTERTAINMENT: Johnny Cash Tribute 740-385-6581
Sponsored by Sandy Ogle

Hocking Hills Banking Center is providing Cakes for Dessert